

Live & Learn

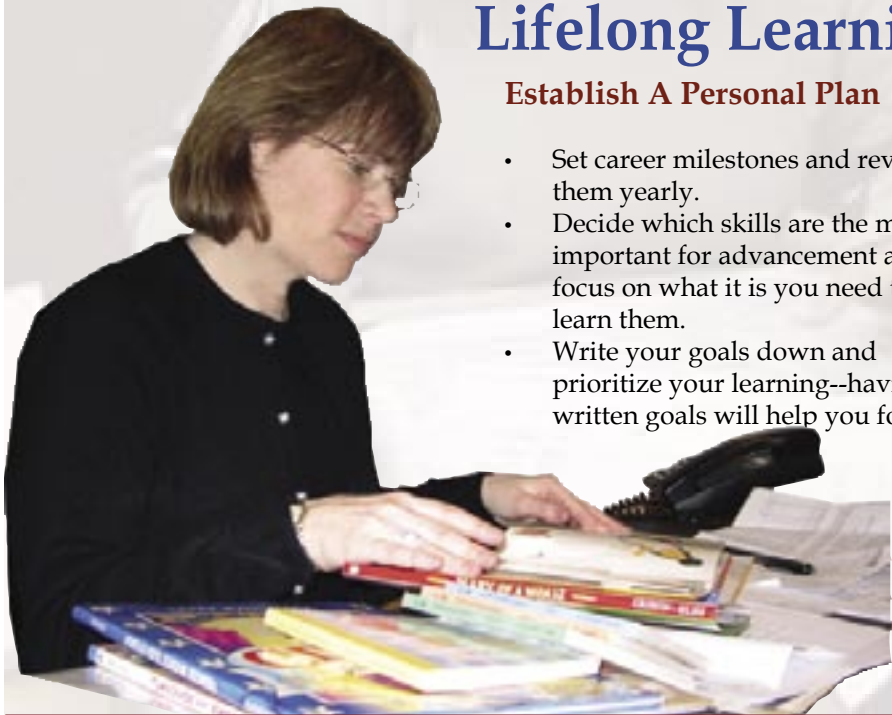
Life-long \ˈli-ˌfɒŋ\ adj (1855) 1: lasting or continuing through life 2: LONG-STANDING
Learn-ing n (bef. 12c) 1: the act or experience of one that learns 2: knowledge or skill acquired by in-
struction or study 3: modification of a behavioral tendency by experience (as exposure to conditioning)
Webster's Ninth New Collegiate Dictionary

Lifelong Learning and Your Future

Motivation for learning in the first place is prim□
professional development. Lifelong learning will beco□
things to help us improve ourselves, but we don't always use the most effective methods to do so.



Why and How to Participate in Lifelong Learning



Establish A Personal Plan

- Set career milestones and review them yearly.
- Decide which skills are the most important for advancement and focus on what it is you need to learn them.
- Write your goals down and prioritize your learning--having written goals will help you focus.

- Identify learning opportunities.
- Seek out good learning situations--these need not be formal classroom settings.
- Make a commitment to lifelong learning. Don't make the mistake of relying just on employers for training--there's a lot you can learn on your own.
- Keep your technical skills updated and constantly develop your interpersonal skills.

Self-Assessment

A self-assessment is a way to enhance self-understanding. It is being able to describe your unique characteristics and abilities clearly and accurately regarding:

- What you do well (skills)
- What is important to you (values)
- What you like to do (interests)

Reviewing and analyzing your past and present experiences will increase self-understanding. Increasing your knowledge of your skills, values, and interest will help determine what you should focus on learning.

Self-assessment tools are available from several places. Your school will likely have them available. Check with your guidance office/career advisor.

Your local NH Employment Security Office has a Resource Center with many free tools for your benefit.

There are thirteen offices throughout the state--call your nearest office or stop in

(See contact and address information on page 10).

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ety of learning styles and approaches. It can be either "taught" or "non-taught" learning.

Source: <http://www.nv.cc.va.us/home/dterry/lifelonglearning/dogwood.htm#DEF>

"Try to learn something about everything and everything about something."

- T.H. Huxley

Questions for Assessing Yourself

Here□
organization. Do you do these things *Always, Frequently, Occasionally, Seldom, or Never?*

1. Do I take steps to keep my technical skills updated?
 2. Am I familiar with the technology tools of the "office of the future?"
 3. Do I possess the skills or ability to lead (form teams and encourage participation from members)?
 4. Am I a problem solver (can I identify "roadblocks" that impede the work flow and come up with a solution)?
 5. Do I utilize strong organizational skills (such as time management)?
 6. Do I possess the qualities of a professional (display diplomacy, courtesy and honesty in various situations)?
 7. Am I flexible and innovative (being open to new approaches, even if I believe my way is best)?
 8. Do I offer new ideas?
 9. Do I possess persuasion and negotiation skills (can I negotiate or persuade others when necessary)?
- If most of your answers are *Always* or *Frequently*, you have confidence in your skills. Embrace the concept of lifelong learning by keeping pace with new trends in your field.
 - If most of your answers are *Seldom* or *Never*, you may have doubts about your skills. Take a proactive approach and explore learning options.
 - If your answers are a little of everything, you may be uncertain about your skill level. Try taking exploratory classes or attending some workshops to determine the knowledge you are lacking.

Determine what it would take to improve your skills: do some research, join user groups, attend professional seminars, or read articles by experts in your career or industry.

"We live and learn"

In the 21st century learning doesn't have to stop when you leave school or college. 'Lifelong Learning' is about continuing to learn in many different ways be it reading a book, exploring the internet, mastering a new skill, training for a job, taking a course for fun or studying for a qualification. Learning throughout your life can help you live a longer, healthier and happier life.

What do I get from learning?

Learning has the power to transform us. We can become successful at home, at work, at large in our local community. Learning can help us to solve problems and change our attitudes. It can be fun and it can be challenging.

— Wandsworth

(www.wandsworthlifelonglearning.org.uk/what_is.htm)